

Abstract

The invention relates to an ayurvedic nutricional preparation used as a prophylactic for cardiac ailments and for increasing cardiac muscle tonicity. The principal ingredient used are nuts from the plants belonging to the anacardiaceae family, *Allium Sativum* Linn and *Zingiber Officinale* Rosc. The toxins and irritants from the nuts are removed or deactivated, before the oil is extracted from the nuts. The formulation is prepared with the filtered nut oil extract, and an extract of *Allium Sativum* Linn and *Zingiber Officinale* Rosc.